
HEALTHY FOODS

FRUITS: apple, pear, orange, mango, papaya, lychee, Sharon, banana, figs, grapes, pomegranate, pineapple, tomato, kiwi, *fresh* coconut, plum,

Berries: redcurrant, blackberry, blackcurrant, raspberry, cranberry, strawberry, blueberry, loganberry, wild berries of hawthorn, elder, Mountain Ash, and rosehip.

VEGETABLES: corn on cob, defrosted sweet corn, peas in pod/defrosted frozen peas, spinach, water and salad cress, carrot (cooked and raw), celery, courgette, cucumber, cooked beetroot, red/green/yellow/ orange peppers, soaked, cooked mixed beans/pulses, cooked sweet potato, cooked Swede.

ADDITIONAL HEALTHY FOOD ITEMS:

Rice, pasta, wholemeal bread/toast with honey or unsalted peanut butter, bite size shreddies, malted shreddies, cornflakes, soaked sultanas.

Nuts: almond, pecan, hazelnut, walnut, tiger nut, palm (macadamia).

Remember!:

- * **African grey parrots require regular intake of calcium. Zolcal D from vetark professional is strongly recommended**
- * **African grey parrots require special attention to food items rich in vitamin A**

Vitamin A is found in yellow, orange, red, and green fruits and vegetables. Almonds are low in fat but contain calcium. The UV rays of the sun, allows your parrot to absorb calcium and other minerals.

RECOMMENDED AVIAN MANUFACTURERS

The following recommendations are seed, pellets, and supplement products that we use and advocate.

Parrot seed mixture & nuts fit for human consumption:

TIDY MIX - seed & Pulse & Brown Rice Soaking Mix. Tel/Fax: **0208 4220503**

ROB HARVEY— Delicatessen Range of human grade ingredients
Tel: 01420 23986
Email: rob@robharvey.com
Web site: www.robharvey.com

- * *Nuts should only be bought from a source that is fit for human consumption. Do not buy loose seed mixture or nuts from a pet shop. **Peanut/monkey nuts and pinenuts are the worst offenders for aflotoxins.***

Supplements

Vetark Professional for vitamin, calcium (Zolcal D) and other mineral supplements, electrolytes, probiotic, and critical formula for sick birds.
Tel: **0870-243-0384** Fax: **0870-243-0382**
Email: info@vetark.co.uk
Web site: www.vetark.com

Northern Parrots—everything for your parrot

Harrison Organic Pellets
Beak Appetite—power food for all birds
Nutriberries
For your free catalogue call: **0845 345 2502**
Web site: www.24Parrot.com

New Life Parrot Rescue & Helpline Service



Registered Charity Number: 1056409

**AFRICAN GREY
PARROT**



Nutrition



Web site: www.nlpr.org.uk
E-mail: admin.nlpr@ntlworld.com
Tel/Fax: 01480 390040
PO Box 84, St.Neots, Cambs PE 19 2LB

The African grey parrot is renowned for its reluctance to eat an extensive, healthy diet, much preferring to eat a predominate seed mixture and, at worst, an exclusive diet of black-striped sunflower seeds. Such birds are termed 'seed junkies' and eventually develop malnutrition, hypovitaminosis A (chronic vitamin A deficiency, which results in infections, disease and death if not corrected) and hypocalcemia (chronic calcium deficiency, which causes seizures and death if not corrected).

The Association of Avian Vets recommends 60% of a parrots diet consists of cooked grains and beans, 20% seed and 10% pellets, fresh fruits and vegetables.

"An ounce of prevention is better than a pound of cure"

Be persistent in offering your bird a healthy variety of foods, as itemised in this leaflet. Minimise the amount of seed your bird eats and use a full vitamin supplement during the period of converting your bird over to a varied, healthy diet. There should be a minimum of three dishes in regular use which provide fresh water, seed, and healthy food items.

Tips to help convert seed junkies and fussy eaters:

- * Allow your bird to eat a small amount of seed in the morning then replace the seed dish with a dish of at least five healthy food items for two to three hours before returning the seed dish.
- * Use your imagination and create food toys that will spark your bird's interest. For example: hang/weave leafy greens, berries and other types of fruits and vegetables with stalks through the cage bars or round a favourite toy. Place fruit and vegetables on a kebab skewer.
- * Show your bird that new food items are safe to eat by eating them yourself in front of him or her.

COMMON MYTH

That:

- * Do parrots only require seed as a staple diet? **Seed alone does not provide the complete balance of vitamins, essential amino acids, minerals, and trace elements to maintain good health.**
- * Do parrots instinctively know what is good to eat? **Not necessarily. Just like with our children; it is our responsibility to be the knowledgeable providers for captive parrots.**
- * Can Birds have milk? **Birds do not have the enzyme that mammals have in which to digest the lactose in milk.**



African grey with chronic vitamin A deficiency

TOXIC AND HARMFUL FOODS

- * Chocolate, Avocado pear, alcohol, fizzy drinks, tea, coffee, junk foods, foods high in sugar and salt.
- * Low quality nuts and seeds — **it is important to only purchase top quality foods, nuts and seeds that are fit for human consumption.**

YOU CAN HELP US BY COMMITTED GIVING:

- * **Sending a Donation**
- * **Standing Order from your Bank or Building Society**
- * **Gift Aid Declaration**

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PO Box 84, St. Neots, Cambs PE19 2LB***

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- ⇒ **Standing Order**

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